Plastic Surgeons Weigh in on CoolSculpting® vs. Liposuction

Dr. Mahmood Kara and Dr. Saed Al-Habib, plastic surgery specialists in Toronto, discuss what differentiates CoolSculpting from surgical fat removal methods such as liposuction. They also comment on trends among patients at their practice.

Whitby, Ontario (PRWEB) August 31, 2012 -- Dr. Mahmood Kara and Dr. Saed Al-Habib offer the opportunity for people to learn about popular cosmetic procedures at their plastic surgery offices in Toronto, Whitby and Vaughn.

In addition to offering surgical body sculpting options such as tummy tuck and liposuction in Toronto, they sometimes recommend CoolSculpting as a non-surgical alternative.

Tummy tuck surgery tightens lax stomach muscles and removes excess skin from the midsection, while liposuction is a surgical procedure used to extract stubborn fat deposits from specific areas.

Dr. Kara and Dr. Al-Habib are now using a revolutionary liposuction method called SAFELipo®. This heat-free method removes fat gently without damaging fragile nerves and blood vessels. An added feature of SAFELipo is that after excess fat has been removed, the remaining layer of fat beneath the skin is evened out to ensure a smooth surface.

For those who aren't ready for a surgical fat-removal method, CoolSculpting is a non-invasive treatment that freezes away excess fat and doesn't require incisions or downtime. It is often used in conjunction with surgical methods to put the finishing touches on a newly contoured body.

"CoolSculpting can sometimes enhance results following liposuction or a tummy tuck in Toronto," Dr. Kara says. "The rate of satisfaction among patients is very high at our plastic surgery practice, and fine-tuning with CoolSculpting makes it even higher."

The CoolSculpting technique is designed to reduce vascular damage and reduce the risk of contour deformities while maximizing fat removal through a non-invasive approach. Medical studies have shown that CoolSculpting is an excellent method for people who cannot successfully lose excess fat deposits through traditional methods of diet and exercise.

"We're offering our patients a wonderful way to remove excess fat when compared to surgical fat removal approaches," says Dr. Al-Habib. "Everyone wants to optimize their results. This is especially true for liposuction patients. Cool Sculpting helps make this possible.

"In addition to performing this technique and providing comprehensive information so consumers can make informed decisions, we hope that those who have the procedure will benefit with an improved appearance and enhancements in life."

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Dr. Mahmood Kara (www.drkara.com) is an experienced cosmetic surgeon in Toronto. He specializes in The 24 Hour Recovery Breast Augmentation Technique. He is a member of the Royal College of Surgeons of Canada and the Canadian Society of Plastic Surgeons. He offers a range of surgical and nonsurgical procedures and has offices in Whitby, Toronto and Vaughan. Dr. Saed Al-Habib works with Dr. Kara and specializes in breast reconstruction, body contouring after weight loss and microsurgery. Dr. Kara and his entire team are dedicated to providing patients with advanced solutions that meet – and exceed – their cosmetic goals.
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